

Fast Suit Workout!

Saturday, February 7th

Two weeks out from Clovis, we are going to run a “fast suit” time trial at the end of each workout. Notes below.



Fast swimming aaaaand..... shaky bowling!

Notes:

- Swimmers should bring an “old” fast suit
- We will go through an extended pre-meet warm-up (for Clovis) and short workout
- Each swimmer will swim events – TBD, and an optional 50
- We will get watch times on all (they will not count)

Time to rev up!

